

# Healthy Holidays Challenge



## 2014 Healthy Holidays Challenge: Healthy Recipe Book

1. Spice Muffins—*Deborah Van Dyke*
2. Broccoli Salad—*Dana Newman*
3. Pumpkin Cake Cookies—*Jennifer Bynum*
4. Sweet Potato and Squash Bake—*Kim Barry*
5. Orange-Scented Green Beans with Toasted Almonds—*Christina Snyder*
6. Wild Rice Dressing with Roasted Chestnuts and Cranberries—*Elizabeth Williams*
7. Parsley Smashed New Potatoes—*Sherry Booth*
8. Holiday Hummus—*Beth Fairman Kinney*
9. Homemade Stuffed Grape Leaves with Lean Ground Beef—*Kristen Kroflich*
10. Low-sodium Lentil and Mushroom Gravy—*Merrari McKinney*
11. Corn Relish—*Barbara Crawford*
12. Macaroni & Cheese—*Kristen Blevins*
13. Spaghetti No-Knife Pasta—*Lee Cole*
14. Quinoa, Kale, and Bacon Stuffed Butternut Squash—*Adam Wheeler*
15. Green Bean Casserole—*Jen Morel*
16. Fresh Green Bean Casserole—*Edith Thornburg*
17. Cauliflower Amandine—*Janet Hill Arbogast*
18. Sweet Potatoes without Brown Sugar—*Phyllis Barker*
19. Roasted Brussel Sprouts & Mushrooms—*Staci McWhirter*
20. Spinach and Sweet Potato Sauté—*Christine Leed*

**Deborah Van Dyke**

**Spice Muffins**

*Ingredients*

- 18.25 oz box of spice cake mix. (Can also use devil's food cake mix instead if prefer chocolate muffins)
- 15 oz can pure pumpkin

*Directions*

1. Preheat oven to 400 degrees
2. Pour cake mix into a large bowl and whisk to remove lumps
3. Add pumpkin into cake mix and stir together until smooth
4. Distribute batter into 12-cup muffin pan lined with baking cups and/or sprayed with nonstick spray
5. Place pan in over and bake until a toothpick inserted into the center of a muffin comes out clean, approximately 20 minutes

Makes 12 servings

**Dana Newman**  
**Broccoli Salad**

*Ingredients*

- 1 clove garlic, minced
- 1/4 cup low-fat mayonnaise
- 1/4 cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar – I use 1 Stevia pack
- 4 cups chopped broccoli (I use 2 bags of broccoli crowns and chop in mini food processor)
- 1 8-ounce can sliced water chestnuts, rinsed and chopped
- 3 slices cooked bacon, crumbled
- 3 tablespoons dried cranberries
- 1/8 c of pecan pieces
- Freshly ground pepper

*Preparation*

1. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl
2. Add broccoli, water chestnuts, bacon, cranberries and pepper
3. Stir to coat with the dressing

*Nutrition*

**Per serving:** 179 calories; 4 g fat (1 g sat, 1 g mono); 8 mg cholesterol; 14 g carbohydrates; 1 g added sugars; 4 g protein; 3 g fiber; 200 mg sodium; 193 mg potassium.

**Jennifer Bynum**

## **Soooo Easy and Delicious Pumpkin Cake Cookies**

This is literally the easiest recipe! In a few minutes you can have awesome pumpkin spice cookies with a cake-like consistency. It's a healthier option using the puree instead of oil, eggs and butter, but you won't taste any difference; DELISH!!!

### *Ingredients*

- 1 15oz. can of pumpkin puree
- 1 box of spice cake mix
- Cream cheese frosting (optional)
- Sliced almonds (optional)
- Cinnamon to sprinkle on top (optional)
- ½ cup of dark chocolate chips (optional)

### *Baking Instructions*

- Preheat the oven to 350
- In a large bowl, mix the spice cake mix with the pumpkin puree (and chocolate chips if you're feeling sassy)
- On a cookie sheet with a sheet of parchment paper, use a table spoon to measure out the cookies on the tray
- Cook for 12-15 minutes
- Set on a cookie rack to cool
- Spread cream cheese frosting, sprinkle the cinnamon, and add the sliced almonds on top of the frosting

ENJOY! So good and a healthier option! Big hit at all the parties I've taken them to!

**Kim Barry**

## **Sweet Potato and Squash Bake**

This is a Weight Watchers Recipe with only 3 Points Plus Value per serving.

Serves: 6

Prep time: 15min

Cook time: 35 min

### *Ingredients*

- 1 spray cooking spray
- ½ lbs uncooked sweet potato(es), peeled and cut into 1-inch cubes
- 2 lbs uncooked acorn squash, peeled and cut into 1-inch cubes
- 2 tsp canola oil
- 1 Tbsp unpacked brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg

### *Instructions*

1. Preheat oven to 375 F. Coat an 8-inch square pan with cooking spray.
2. Place sweet potatoes and squash in prepared pan. Drizzle with oil and sprinkle with sugar, cinnamon and nutmeg: toss to coat mixture well.
3. Bake, covered with aluminum foil, for 35 minutes, stirring occasionally. Yields about ½ cup per Serving.

**Christina Snyder**

## **Orange-Scented Green Beans with Toasted Almonds**

Toasted nuts and fresh orange zest adorn these versatile green beans. Toast the nuts while you steam the beans and you have a polished addition to any meal ready in 15 minutes flat. Double it: Steam the green beans in a Dutch oven instead of a saucepan.

4 servings, 1 cup each | Active Time: 15 minutes | Total Time: 15 minutes

### *Ingredients*

- 1 pound green beans, trimmed
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon freshly grated orange zest
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 1/4 cup sliced almonds, toasted

### *Preparation*

1. Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil.
2. Put green beans in the basket and steam until tender, about 6 minutes.
3. Toss the green beans in a large bowl with oil, orange zest, salt, pepper and almonds.

### *Nutrition*

Per serving : 84 Calories; 4 g Fat; 0 g Sat; 3 g Mono; 0 mg Cholesterol; 10 g Carbohydrates; 3 g Protein; 4 g Fiber; 147 mg Sodium; 206 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 2 vegetable, 1 fat

**Elizabeth Williams**

**Wild Rice Dressing with Roasted Chestnuts and Cranberries**

*Ingredients*

- 2 cups uncooked wild rice
- 2 cups fat-free, lower-sodium chicken broth
- 2 cups water
- 1/2 teaspoon kosher salt, divided
- 1 1/2 cups whole roasted bottled chestnuts
- 1 cup sweetened dried cranberries
- 1 1/2 tablespoons unsalted butter
- 1 1/2 cups halved lengthwise and thinly sliced carrot
- 1 1/2 cups chopped yellow onion
- 1 1/4 cups thinly sliced celery
- 1/2 cup minced fresh flat-leaf parsley
- 2 tablespoons minced fresh sage
- 1 tablespoon fresh thyme leaves
- 1/4 teaspoon black pepper
- Cooking spray

*Preparation*

1. Preheat oven to 400°.
2. Combine rice, broth, 2 cups water, and 1/4 teaspoon salt in a saucepan; bring to a boil. Partially cover, reduce heat, and simmer 40 minutes or until rice is tender, stirring occasionally. (Do not drain.) Place rice in a large bowl; cover.
3. Arrange chestnuts on a baking sheet. Bake at 400° for 15 minutes. Cool slightly; cut chestnuts into quarters.
4. Place cranberries in a small bowl; cover with hot water. Let stand 20 minutes or until soft. Drain and add to rice.
5. Melt butter in a large nonstick skillet over medium heat. Add carrot, onion, and celery; cook 15 minutes or until vegetables are tender, stirring occasionally. Stir in herbs; remove from heat. Add to rice mixture. Stir in remaining 1/4 teaspoon salt, chestnuts, and pepper.
6. Spoon rice mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Cover and bake at 400° for 10 minutes or until thoroughly heated.

## **Sherry Booth**

### **Parsley Smashed New Potatoes (6 servings)**

#### *Ingredients*

- 2 lbs. new or baby red potatoes (1-2 inch diameter) larger ones quartered
- 2/3 cup of low fat plain yogurt
- 2 scallions, cut in half lengthwise and finely chopped
- ¼ cup finely chopped parsley
- 2 tablespoons of butter, softened
- ¾ teaspoon of salt
- White or fresh black pepper, to taste

Note: swap out parsley (or add to recipe) for your favorite fresh seasonings to your liking (garlic, rosemary, chives, etc...)

#### *Preparation*

1. Bring 1 inch of water to a boil in a large saucepan, fitted with a steamer basket.
2. Add potatoes, cover and steam until very tender when pierced with a fork, 20-25 minutes. (Check the water level near the end of the steaming to be sure the pan doesn't boil dry. Add more boiling water as needed)
3. Meanwhile, combine yogurt, scallions, parsley, butter, salt and pepper in a large bowl.
4. Mix the cooked potatoes into the yogurt mixture, breaking them up with a fork until they crumble apart and lightly clump together.



**Beth Fairman Kinney**  
**"Holiday Hummus"**

*Ingredients*

- 1 can chickpeas
- 1 garlic clove (or more)
- 1 tbsp lemon juice
- 1/4 cup tahini
- 1 tbsp olive oil

*Preparation*

1. Blend in food processor, water or olive oil to make smooth.
2. Top with paprika and cilantro (for red and green)
3. Serve with veggies, pita or blue corn tortilla chips.

**Kristen Kroflich**

**Homemade Stuffed Grape Leaves with 90% Lean Ground Beef (total cook time = about an hour)**

\*\*\*Note: This recipe REQUIRES 90% lean ground beef or the leaves will be soggy and not stay in place after they are done cooking!

*Ingredients*

- Chopped Onion (if you like it, I do not, and use a dash of onion powder in my mix) Approx. one cup
- 1 lb Ground Beef 90% Lean
- ½ Cup Brown Rice (I pre-cook mine, and recommend it)
- 1 teaspoon Sage
- 1 teaspoon Garlic Powder
- Pinch of salt and pepper
- 1 (16 ounce) Jar of Grape Leaves (can be found in the Mediterranean section at Giant Eagle)
- 1 Large egg or 2 Egg Whites
- 1 Regular sized Lemon
- Water
- Side of choice (if any)

*Preparation*

1. Drain grape leaves. Wash them in water, and then lay them all out flat on a paper towel. Trim end stems off if you prefer (which I do). Let them dry for 10 minutes or so...
2. Mix Beef, rice, sage, garlic powder, salt and pepper, (and optional onion) all together in a mixing bowl. Then add egg(s)—it is best to use your bare hands in adding eggs throughout the mix.
3. Add roughly a tablespoon of the mix to each grape leaf. You will add the mix to a farthest side of the leaf, then push in the ends, and roll. Use tiny leaves, or imperfect leaves, to patch as needed. They will look like small cabbage rolls once rolled/stuffed.
4. Take a baking pan (metal or glass) and spray it with 0 calorie nonstick spray, then put all the stuffed grape leaves in it.
5. Cut your lemon in half and spray/twist (with your hands) the juice over all the stuffed grape leaves in your pan—add the leftover lemon if you like into the pan.
6. Fill the pan with water just to the point the stuffed grape leaves are submerged.
7. Cook in the oven at 325 degrees—baking for 40 to 50 minutes.
8. These are delicious right out of the oven, or right out of the refrigerator (hot or cold).
9. Use any sides if you would like... such as nonfat greek yogurt, a side dish of lemon juice, or marinara (or all 3)!

**Merrari McKinney**

**LOW-SODIUM LENTIL and MUSHROOM GRAVY**

*fills one gravy boat*

*Ingredients*

- 1 tablespoon unsalted butter (or vegetable oil)
- 3 cloves garlic, chopped
- 1/2 medium yellow onion, chopped
- 1 cup split red lentils
- 1 teaspoon black peppercorns
- 1 cup brown cremini mushrooms, diced
- 1/2 cup orange juice
- 2 tablespoons parsley, chopped
- 2 teaspoons thyme, leaves only

*Directions*

1. Melt the butter (or oil) in a medium pot over medium-high heat. As the butter begins to turn a caramel color, add the garlic and onions, and stir until they turn soft and slightly brown, about 5 to 8 minutes.
2. Add the lentils into the pot with 3 cups of water and the black peppercorns. Bring to a boil and then lower the heat to a simmer. Cook until the lentils are soft and falling apart, about 20 minutes or so. Take the pot off of the heat and puree with a hand blender until silky smooth.
3. Place the pot back on the stove, add the mushrooms, and the orange juice. Bring to a boil again and then lower heat to a very gently simmer. Cover the pot and cook until the mushroom bits are soft, about another 10 minutes. Take the gravy off of the heat, add the herbs, pour into a gravy boat, and serve warm.

**Barbara Crawford**

**Corn Relish**

A break from all the sweets during the holidays and colorful to boot.

*Ingredients*

- 16 oz. can corn, drained
- 16 oz. can black beans, rinsed and drained
- 16 oz. can black-eyed peas, rinsed and drained
- Small can jalapenos, chopped and drained
- ½ sweet onion, chopped
- 2 stalks celery, chopped
- Chopped colored pepper

Mix all of the above.

**Dressing:**

*Ingredients*

- 2/3 cup cider vinegar
- 1/3 cup canola oil
- 1/3-1/2 cup sugar ( I prefer less)

1. Mix well and pour over vegetables
2. Refrigerate
3. Serve with tortilla chips, preferably the scooped type

**Kristen Blevins**

## **Macaroni & Cheese**

You can add veggies to your mac&cheese, either diced or pureed or precooked or raw. The following recipe is great with carrots, pumpkin, turnips, jicama, butternut squash, zucchini, broccoli, cauliflower. This recipe with its substitutions has lower fat & higher amounts of vitamins than using cream or white-flour noodles.

### *Ingredients*

- 1tbsp unsalted melted butter
- 2 cups thin sliced/shredded/diced carrots (and/or other raw veggies)
- 1 can evaporated milk
- ½ tsp Italian (optional) or Mexican style herbs (optional) or chili powder (optional)
- ½ tsp chopped red pepper in the glass jar, like an adobo or chipotle. (optional)
- 2cups ,shredded, any cheese you want; this recipe had reduced fat cheddar
- 1 box (8oz) whole wheat elbow macaroni noodles

### *Directions*

1. Medium heat saucepan, melt the butter and brown the veggies (about 8 mins). Turn down to low.
2. Add milk then turn up the heat until the milk lightly boils then turn heat down to low.
3. Add any spices (no salt), and the optional jarred red pepper
4. Simmer on low about 10 mins until carrots/veggies are soft
5. Preheat the oven broiler to 400 degrees or high
6. Remove any veggie chunks if you want and puree them if you want. If you have a thick veggie paste, you can add a little milk or canned pumpkin.
7. Combine your puree/or cooked diced veggies, salt to taste, remove from stovetop and set aside
8. Boil the noodles in a new pot, drain them, salt to taste, add cheese, then let this pot sit for 2 mins to let the cheese melt then turn off the burner.
9. Transfer everything to 1 baking dish and broil about 2 minutes to make the top golden then add parmesan cheese and paprika (optional)

### *Nutrition*

Estimated nutrition facts: 323 calories, 19g protein, 39g carbs, 12g fat (6.1 saturated), 4g fiber, 516mg sodium

**Lee Cole**

## **Spaghetti No-Knife Pasta**

### *Ingredients*

- 1 pound pasta
- Coarse salt and freshly ground pepper
- 4 medium tomatoes (about 2 pounds), cored and torn into 3/4-inch pieces
- 1/2 cup coarsely torn basil leaves, plus more for garnish
- 1/2 cup extra-virgin olive oil
- 3 tablespoons coarsely torn oregano leaves
- 4 medium cloves garlic, smashed
- 1/2 teaspoon crushed red-pepper flakes
- 1/4 pound fresh mozzarella, torn into 1/2-inch pieces

### *Directions*

1. Bring a large pot of salted water to a boil. Add pasta and cook until al dente, according to package directions.
2. While pasta is cooking, in a large bowl, combine tomatoes, basil, olive oil, oregano, garlic and red-pepper flakes; season with salt and pepper. Let stand at room temperature up to 8 hours.
3. Drain spaghetti in a colander and add to tomato mixture. Add mozzarella and toss to combine. Garnish with basil and serve immediately.

**Adam Wheeler**

**Quinoa, Kale, and Bacon Stuffed Butternut Squash**

**Yield:** 4-5 Servings

**Cook Time:** 1 hour 30 minutes

*Ingredients*

- 1 large butternut squash (mine was 5 pounds!)
- 1-2 teaspoons olive oil
- salt and pepper
- 3/4 pound of thick cut bacon, cut into ~1-inch pieces
- 2 cups loosely packed kale, chopped small
- 2 cups cooked red quinoa
- pinch of freshly grated nutmeg
- 1/2 pound extra sharp white cheddar cheese, shredded
- 1 teaspoon dried thyme
- thinly sliced green onions (1-2) to garnish

*Directions*

1. Preheat oven to 425 degrees Fahrenheit. Cut squash lengthwise and remove seeds. Rub or spray with olive oil and sprinkle with salt and pepper to taste. Roast for 40 minutes to an hour or until the flesh is tender. Mine took forever because it was the biggest squash I've ever seen.
2. Meanwhile, in a large frying pan, cook bacon until crispy over medium-high heat. Remove and place on a paper towel lined plate to drain. Reserve 1 teaspoon of the bacon grease and saute kale in bacon grease over medium heat until wilted.
3. When squash is cooked through, remove from oven and reduce oven temperature to 375 degrees Fahrenheit. Let squash cool slightly so it is cool enough to handle and then scoop out flesh, leaving a half-inch border around the edges. Place flesh of squash in a large bowl and mash up with a fork. Add quinoa, bacon, kale, nutmeg, cheese, and thyme. Mix until well combined. Return this mixture to hollowed out squash and bake at 375 degrees for 30 minutes or until heated through and cheese is melted. Let sit for about 5-10 minutes and then cut into slices and serve, garnished with sliced green onions.

**Jen Morel**

**Green Bean Casserole**

*Check out this great Simple Cooking with Heart, heart-healthy version of an American holiday favorite!*

*Ingredients*

- 1 lb. frozen green beans (French cut is best)
- 10.5 oz. canned, reduced-fat, low-sodium cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1/2 tsp. pepper
- 1 small onion
- nonstick cooking spray
- 1/4 cup whole-wheat flour

*Directions*

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crisply, stirring occasionally.
6. Remove casserole from oven, add ½ onions and stir well.
7. Top with remaining half and return to oven, bake 5 minutes more.

*Nutrition*

77 Calories

138 mg Sodium

\$0.62 Per Serving



**Edith Thornburg**

**Fresh Green Bean Casserole**

Serves about 8

Serving Size: 1 cup

*Ingredients*

- 1 1/2 pounds fresh green beans, ends trimmed and chopped into 1-inch pieces
- 2 teaspoons olive oil
- 8 ounces white or baby bella mushrooms, diced
- 6 cloves garlic, chopped
- 1 tablespoon thyme, dried or fresh
- 1 1/2 cups 1% milk
- 3/4 cup 2% Greek yogurt
- 3 tablespoons all-purpose flour
- 1/2 cup finely chopped fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup French Fried Onions

*Directions*

1. Preheat oven to 350F and lightly spray a 2-quart baking dish with cooking oil.
2. For crunchy beans, steam over a pot of boiling water until bright green and still crisp, about 3 minutes. For more tender beans, blanch in boiling water for 2-3 minutes, drain and then immediately submerge in an ice bath.
3. Heat olive oil in a large nonstick skillet over medium-high heat. Add the mushrooms and cook for about 12 minutes, until liquid has evaporated and they begin to brown. Add the garlic and thyme and cook for an additional 1 minute.
4. Combine mushroom mixture, salt, pepper and parsley in a food processor and process until smooth, about 1 minute.
5. Whisk the milk and flour together in a small saucepan until the flour has dissolved. Bring to a simmer over medium heat while whisking constantly until the mixture has thickened to a yogurt consistency, about 8-10 minutes. Remove the pan from the heat. Allow to cool for 5-10 minutes before combining with Greek yogurt and mushroom mixture.
6. Toss green beans in sauce and spoon into the prepared dish. Sprinkle the top with French fried onions. Bake uncovered for 15-20 minutes. Serve warm.

**Janet Hill Arbogast**

**CAULIFLOWER AMANDINE** (Makes 6 servings)

*Ingredients*

- 4 cups cauliflower flowerets (1 pound)
- 1 medium green or sweet red pepper, cut into  $\frac{3}{4}$  inch pieces (1 cup)
- $\frac{1}{4}$  cup finely chopped onion
- $\frac{3}{4}$  cup chicken broth
- 2 teaspoons cornstarch
- 1 tablespoon lemon juice
- 2 tablespoons toasted sliced almonds

*Directions*

1. In a 3-quart casserole dish, combine cauliflower, green or sweet red pepper, onion, and  $\frac{1}{4}$  cup of the broth
2. Cook, covered, in microwave on 100% power (high) for 7 to 9 minutes (9 to 11 minutes in a low-wattage oven) or until cauliflower is tender, stirring once
3. Combine remaining chicken broth and the cornstarch
4. Stir into cauliflower mixture
5. Cook on high for 2 to 3 minutes (3 to 4 minutes in a low-wattage oven) or until thickened and bubbly, stirring every 30 seconds.
6. Stir in lemon juice.
7. Cook on high for 1 minute more or until heated through. Sprinkle with almonds.

*Nutrition*

per serving: 42 calories, 2 g protein, 6 g carbohydrate, 1 g fat, 0 mg cholesterol, 108 mg sodium, 315 mg potassium.

**Phyllis Barker**

**Sweet Potatoes without Brown Sugar**

*Ingredients*

- 2 tablespoons olive oil
- 3 large sweet potatoes/ yellow and orange if you prefer
- 2 pinches dried rosemary
- 2 pinches salt
- 2 pinches ground black pepper

*Directions*

1. Preheat oven to 350 degrees F (175 degrees C).
2. Coat the bottom of a glass or non-stick baking dish with olive oil, just enough to coat.
3. Wash and peel the sweet potatoes.
4. Cut them into medium size pieces.
5. Place the cut sweet potatoes in the baking dish and turn them so that they are coated with the olive oil.
6. Sprinkle moderately with rosemary and salt and pepper (to taste).
7. Bake in a preheated 350 degrees F (175 degrees C) oven for 60 minutes or until soft. Or if you prefer a little longer if you want a little crisp.

**Staci McWhirter**

**Roasted Brussel Sprouts & Mushrooms**

*Ingredients*

For Brussels sprouts

- 1 ½ lb. Brussels sprouts, trimmed and halved lengthwise
- 1/3 cup olive oil
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

For mushrooms

- 3 tablespoons unsalted butter
- 3/4 lb. fresh mushrooms such as cremini, chanterelle and oyster, trimmed, quartered if large
- 2 tablespoons dry white wine
- 1/2 tablespoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

*Directions*

Roast Brussels sprouts:

1. Put oven rack in upper third of oven and preheat oven to 400°F.
2. In a bowl, toss Brussels sprouts with oil, garlic, salt, and pepper, and then spread out in a large shallow baking pan. Roast sprouts, stirring occasionally, until tender and browned, 25 to 35 minutes.

Sauté mushrooms and assemble dish:

1. While the sprouts are roasting, heat 2 tablespoons butter in skillet over moderately high heat, then sauté mushrooms, stirring occasionally, until golden brown and tender, about 7 minutes.
2. Add wine, thyme, salt, and pepper and boil, uncovered, stirring occasionally, until liquid is reduced to a glaze, about 2 minutes.
3. Add ¼ cup water and remaining tablespoon butter and simmer, swirling skillet, until butter is melted. Transfer to a serving dish and stir in Brussels sprouts.

**Christine Leed**

**Spinach and Sweet Potato Healthy Sauté**

*Ingredients*

- 1 medium onion, chopped
- 4 medium cloves garlic, minced
- 1 c + 1 T chicken or vegetable broth
- 1/2 t turmeric
- 1/2 t coriander
- 1/2 t cumin
- 1/4 t cardamom
- 1 T fresh lemon juice
- 2 c sweet potatoes, peeled and cubed
- 6 oz frozen spinach, thawed
- 2 T chopped fresh cilantro
- Salt & pepper to taste

*Directions*

1. Chop onions and mince garlic and let sit for 5 minutes to bring out their health-promoting benefits.
2. Heat 1 T broth in a large stainless steel skillet. Sauté onion in broth over medium heat for 5 minutes stirring frequently.
3. Add garlic and continue to sauté for another minute.
4. Add seasonings and lemon juice and stir to mix thoroughly. Add broth and sweet potatoes.
5. Simmer covered over low heat, stirring occasionally, until sweet potatoes are tender, about 15 minutes.
6. Uncover to allow sauce to thicken and cook another couple minutes.
7. Press water out of spinach and add to sweet potatoes. Cook uncovered for a few more minutes to allow sauce to thicken. Add cilantro, salt, and pepper.